

**IN THE CLAIMS:**

1. (Currently Amended) A compact self-ballasted fluorescent lamp, comprising:  
an arc tube including a glass tube at least partially bent, and electrodes sealed at both ends of the glass tube, each electrode including a filament coil; and  
a holder having a pair of insertion openings formed therein, and holding the arc tube by fixing the ends of the glass tube inserted through the insertion openings,  
wherein the ends of the glass tube are inserted to such positions that enable each filament coil to be positioned within the holder, and a minimum distance L1, in an insertion direction of the ends of the glass tube, between each filament coil and an edge of corresponding one of the insertion openings is in a range of 0 to 10 mm inclusive.
2. (Original) The compact self-ballasted fluorescent lamp of Claim 1, wherein  
mercury is singly enclosed in the glass tube, and  
an inner diameter of the glass tube is in a range of 5 to 9 mm inclusive.
3. (Original) The compact self-ballasted fluorescent lamp of Claim 1, further comprising  
a globe covering the arc tube,  
wherein the arc tube is thermally connected to the globe via a heat conductive medium, at a coolest position of the arc tube during lighting, or a position in a vicinity of the coolest position.

4. (Original) The compact self-ballasted fluorescent lamp of Claim 1, wherein the arc tube has a double-spiral construction in which the glass tube is wound from a middle to both ends thereof around one axis.
5. (Original) The compact self-ballasted fluorescent lamp of Claim 1, wherein an amount of 2 to 5 mg inclusive of mercury is enclosed in the glass tube.
6. (Original) The compact self-ballasted fluorescent lamp of Claim 4, wherein a pitch of (a) each of both end parts of the glass tube and (b) an adjacent spiral part in a direction of the axis is larger than a pitch of other adjacent spiral parts, to widen a gap between each end part and the adjacent spiral part.
7. (Original) The compact self-ballasted fluorescent lamp of Claim 5, wherein a winding pitch of the glass tube is changed to enlarge at such a position back from each end by 60 to 120° inclusive with respect to the axis, as viewed in the direction of the axis.
8. (Original) The compact self-ballasted fluorescent lamp of Claim 5, wherein a gap between the other adjacent spiral parts is in a range of 1 to 3 mm inclusive, and a distance between (a) a first point that is on each end and (b) a second point that faces the first point and that is on an outer surface of an adjacent spiral part in the direction of the axis, is in a range of 3 to 6 mm inclusive.

9. (Original) The compact self-ballasted fluorescent lamp of Claim 4, wherein  
an annular outer diameter of the arc tube with the double-spiral construction is in  
a range of 30 to 40 mm inclusive.

10. (Currently Amended) The compact self-ballasted fluorescent lamp of Claim 3,  
wherein

the holder is in a cylindrical shape and has an end wall where the insertion  
openings are formed,

the compact self-ballasted fluorescent lamp further comprises a case that is fit to  
cover a circumferential wall of the holder, and

the globe is fixed in a state where an opening end thereof is fit in a gap formed  
between the circumferential wall of the holder and the case.

the glass tube is wound around the axis from the turning part to both ends of the  
glass tube.

11. (New) A compact self-ballasted fluorescent lamp having mercury, comprising:  
an arc tube including a glass tube at least partially bent, and electrodes sealed at  
both ends of the glass tube, each electrode including a filament coil; and

a holder having a pair of insertion openings formed therein, and holding the arc  
tube by fixing the ends of the glass tube inserted through the insertion openings,

wherein the ends of the glass tube are inserted to such positions that enable each  
filament coil to be positioned at a location within the holder, and operatively retain a larger  
amount of heat emitted from the filament coil to elevate the temperature of an inner surface of  
the glass tube within the holder when compared to the inner surface of the glass tube adjacent

and exterior of the holder wherein a reduction in the mercury over a life of the fluorescent lamp is reduced and raising characteristics of a start time is decreased.

12. (New) The compact self-ballasted fluorescent lamp of Claim 11 wherein the holder is formed of plastic.